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**COMPOSITIONS, METHODS, AND KITS FOR WEIGHT LOSS AND**  
**INHIBITING THE LOSS OF LEAN BODY MASS**

**Abstract**

5 Disclosed are combinations of soy protein and chromium in amounts effective to  
inhibit the loss of lean body mass of a subject under caloric restriction. Further  
combinations include corosolic acid and optionally additional chromium. Still further  
combinations include a dietary composition of *Fucus vesiculosus*, *Gambogia garcinia*,  
*Apis mellifica*, *Badiaga*, *Calcarea carbonica*, *Passiflora incarnata*, *Baryta carbonica*,  
10 *Calcarea fluorica*, *Lycopodium clavatum*, *Berberis vulgaris*, *Leptandra virginica*, *Thuja*  
*occidentalis*, *Galium aparine*, *Urtica urens*, *Histaminum muriaticum*, and *Sabadilla*.  
Compositions of the disclosed soy protein, chromium, and corosolic acid combinations  
are disclosed as are kits containing the disclosed combinations as well as methods of  
using the disclosed combinations and compositions for weight loss and the inhibition of  
15 the loss of lean body mass in a subject during weight loss.